

# A1C...What's Your Number?

The A1C test (pronounced A- one- C) is the best way to measure your average long term blood sugar. It tells what your blood sugar has been over the last 3 months. This test, along with checking your home blood sugar (glucose) helps to give a complete picture of your blood sugar control. It is a very helpful tool for you and your medical provider to use when setting goals or targets for your diabetes care.

## What is the A1C test?

- It is a simple blood test that tells a lot about staying healthy
- The A1C gives a picture of your blood sugar over time with one test
- Sports fans can think about it as similar to a “batting average”

## Why should I have an A1C test?

- To see if your blood sugar is close to normal or too high
- The higher the blood sugar, the higher the A1C will be
- Lowering A1C may help prevent damage to your eyes and feet

## How often should I have an A1C test?

- At least twice a year
- Four times a year if blood sugars are too high
- Four times a year if medicines or insulin have been added or changed

## How is the A1C test done?

- This blood test can be performed at a lab or in your medical provider's office.
- Home testing for A1C is now possible. Check with your medical provider to see if this would be helpful for you.

## What's your number?

- The A1C goal for most people is less than 6.5 or 7
- If your test is too high, you might need more or different medicine, more physical activity, less food and some weight loss. Talk to your medical provider to come up with a plan that is right for you.

A1C	
Normal	6 or less
Goal	7 or less
Take Action	8 or more

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